ARTAVAKSHAYA W.S.R. TO PCOS - A CASE STUDY

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ABSTRACT

God blessed woman with the power of reproduction and she can achieve this only when her menstruation is in normal state. In present era changing lifestyle, incorrect food habits, stress & strain are leading to the various menstrual disorders affecting fertility in woman. PCOS is the most common cause of anovulatory menstrual cycle in infertile woman which attributes about 20%. PCOS is associated with menstrual abnormalities and anovulation considering this it can be correlated with artavakshaya. It is described by acharya Sushruta under the heading of artavavyapada. Artavakshaya is the condition in which vitiated kapha does the avarana on apana vata leading to artavanasha (anovulation) and obstruct the artava pravritti (menstruation). While coming to the treatment pacification of kapha and regulation of function of apana vata is the principle of treatment. In present study a case of PCOS was assessed and treated with the Ayurveda modality i.e. vamana karma followed by virechana, yogabasti and Pushpadhanva rasa & the results were observed.

Keywords: Artavakshaya, PCOS, Vamana, yogabasti, Pushpadhanva rasa.

INTRODUCTION

Polycystic ovarian syndrome is a heterogenous, multifactorial and polygenic condition in woman of reproductive age with ovarian expression of various metabolic disturbances. PCOS was originally described in 1935 by Stein & Leventhal as a syndrome manifested by amenorrhea, hirsutism and obesity associated with enlarged polycystic ovaries¹. The incidence of polycystic ovarian syndrome is increasing in present era due to changing lifestyle, incorrect food habits, stress & strain. It is also becoming the commonest problem among adolescents, developing soon after puberty. Its incidence varies between 0.5 – 4 % more common among infertile women. Its prevalence in young reproductive age group is about 20 – 30 %¹. Artavakshaya is one among the artavavyapada in which vitiated kapha does the avarana on vata, obstructing the passage or channels carrying artava². In this condition artava (menstruation) does not appear in its appropriate time (irregular menses) or sometimes scanty (oligomenorrhea) associated with severe pain in vaginal region³. While explaining the treatment of artavakshaya acharya Dalhana explained that, vamana karma should be administered not virechana as by virechana pitta...
will reduced which further causes artavakshaya and by vamana saumya substances are removed, resulting into relative increase in agneya constituents of the body, consequently artav also increases. Commentator Acharya Chakrapani says that by use of purifying measures srotasas are cleared. Vamana and Virechana clear upward and downward directed srotasas respectively. Thus both should be used. According to Acharya Charaka no yonirogas (disorders of reproductive system) are produced without the vitiation of vata. So in present case after giving vamana and virechana, yogabasti was given for the pacification of vata in next cycle, followed by Pushpadhanva rasa.

AIM & OBJECTIVES:
To assess the Ayurveda management in PCOS (Artavakshaya) through vamana karma followed by virechana & yogabasti.

MATERIAL & METHODS: Informed written consent was taken from the patient in her own language and case was recorded as per Performa.

CASE REPORT: A 23 year old lady who is housewife with married life of 3 years who is anxious to conceive came in OPD of Prasuti Tantra Evum Stree Roga of SSCH Bidar, on 23 April 2018 with the complaints of amenorrhea of 2 months with irregular menses & scanty menstrual flow since her marriage. The pregnancy was excluded by UPT. USG – Pelvis report was suggestive of PCOS.

History of present illness: Patient has history of taking oral hormonal pills for induction of menses since last 1 year to get menses for every 2 months but later on she started to gain weight so for further treatment she approached our OPD.

History of past illness: Not significant.

Personal history:
- Diet – non vegetarian
- Appetite - Good
- Bowel - No constipation
- Micturition - 4-5 times/day
- Sleep - Sound sleep

Menstrual history: LMP on 25 February 2018. Has irregular menstruation with duration of 2 days with the interval of 60 to 80 days with scanty flow associated with mild lower abdominal pain.

Obstetrical history: Trying for conception since last 3 years.

Ashtavidha pareeksha:
- Nadi - 82 bpm
- Mala - once a day
- Mootra - 4-5 times/day & 1-2 times in night
- Jiwha - alpasama
- Shabda - spashta
- Sparsha - anushna
- Drika - alpa shwetabh
- Akriti - madhyama

Dashavidha pareeksha:
- Prakriti - vata kaphaja
- Vikriti - pitta
- Sara - madhyama
- Samhanana – madhyama
- Pramana - madhyama
- Satmya - madhyama
- Satva - madhyama
- Ahara Shakti – madhyama
- Vayyama Shakti – alpa
- Vaya - yuvana

General examination:
- Built - moderate
- Nourishment – moderate
- Temperature - 98. 6 F
- Respiratory rate – 20 / min
- Pulse rate - 82 / min
- BP - 110/80 mm of hg
- Weight - 58 kg
- Tongue - coated

Systemic examination:
- CVS - S₁, S₂ heard
- RS - normal breathing
- CNS - conscious, well oriented
- P/A - soft
Investigations: 28/7/2018
- Hb  - 11.2 gm
- RBS  - 92.15 mg/dl
- USG ( pelvis) – suggestive of B/L PCOS (25/7/2017)

TREATMENT PLAN:

In first month – Started on 25 april 2018
- Deepana pachana – Agnitundi vati 2 bd for three days
- Poorva karma – Snehabana with Phala ghrita (Arohana krama) Swedana (bashpa sweda) for 2 days
- Pradhana karma – Vamana (Madana phala 5gm, Vacha 2gm, Pippali 2gm, Saindhava 1gm, Yashitmadhu churna 3gm and honey QS) 6 Vegas – KAPHANTA – madhyama shodhana.
- Pashata karma – Samsarjana krama for 5 days
- Advice - Avoid non vegetarian, deep fried, sweet, chocolates and other junk foods. Intake of more green vegetables, plenty of water, regular exercise. Avoid travelling, stress and excessive work.
- After giving 1 month gap in next cycle planned for Yoga basti.

In consequent month – In next cycle (She got menses on 9/6/2018)
- Snehabana – Started after complete stoppage of menstruation i.e. from 6th day with Phala ghrita in arohana krama. (30ml, 60ml, 90ml, 120ml)
- Swedana – Abhyanga and bashpa sweda for 2 days.
- For adhobhaga shuddhi Virechana with Trivritta leha was given. (20/6/18)
- Yoga basti was started on 25/6/2018 Anuvasana with Shatapushe Shatavari Tail & Niruha with Dashamuladi quath.
- Advice – Avoid travelling for next 15 days. Avoid spicy food, bakery products and junk food.
- Drug administered – PUSHPADHANVA RASA 125 to 250mg daily with milk.

RESULT:
After complete management for follow up she came with amenorrhea of 45 days with complains of nausea, morning sickness so sent for UPT, her result shows positive. She got conceived. USG on 10/8/2018 suggestive of Single live intrauterine gestation of GA 9 weeks.

DISCUSSION
The condition of artavakshaya is associated with vitiation of kapha & vata dosha. Vamana karma is a treatment modality given to relieve the avarana of kapha on vata. Vamana karma is having the proper-

ity of Ushna, Tikshna, Sukshma, Vyavayi, Vikasi & urdhwa bhagahara. Vamana dravya produces vamana by urdhva bhagahara property and their ushna, tikshna, vyavayi etc. guna helps in increasing pitta by removing excess saumyansha from the body. After vamana karma in next cycle for the pacification of vata basti is given before that for the adhobhaga shodhana virechana, was given by which avruddha strotasas get cleared. In yoga basti Shatapushe Stavari taila for the anuwasana basti and Dashmuladi quath for niruha basti was administered. The Shatapushe Shatavari taila act as rasayana, balya and vatahara. The ingredients in Dashamuladi quath are vatashamaka, kaphahara and agnivardhaka. After shodhana karma Pushpadhanva rasa was administered with milk. Parada bhasma, Naga bhasma, Loha bhasma, Abhraka bhasma, Vanga bhasma, Dhattura, Bhang, Madhuyashti, Semal and Nagavalli are the ingred-

ents of the Pushpadhanva rasa having vrishya, dhatupushtikara and balya properties.

CONCLUSION
Thus with Ayurvedic modalities we get better result. The condition of PCOS can be effectively cured by vamana, yoga basti and fertility can be increased by oral administration of compounds having vrishya, balya & rasayana properties like Pushpadhanva rasa.
REFERENCES


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